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thelineup

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Special thanks to Forest City Volleybal Club for their cover photo.

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Submitted by 9Round London

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About 9Round London

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SportsXpress Network

November/December 2021

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LONDON BLUE DEVILS LACROSSE NEWS

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Long-awaited new champs crowned

Submitted by London Mens Baseball League

After what seemed like an eternity between seasons, the LMBL was able to wrap up an abbreviated – but successful – season on Sunday, Sept 12 with eight games played on the final Sunday of LMBL action for 2021.

On the consolation side, Ralph Hamlyn Park hosted the 'beer-league' playoffs, and each winner walked away with a 30-pack of brown pops. I'm sure there were a few tailgate discussions on plans for improvement in 2022, with lots of time to heal pulled hamstrings and sore shoulders.

Congratulations to the Red Sox, Mets, Marlins, and Brewers on taking home the consolation titles.

In the Championship bracket played at Dan Pulham Field, action kicked off with the D Final. The Athletics showed no mercy on the upstart expansion Dodgers. One bright note for the Dodgers – a non-scorekeeper-assisted first hit of the season for league newcomer Cory Asselin. I sense a re-registration coming next season. Welcome back, Cory!

Congratulations to the Athletics for becoming first ever D Champions of the LMBL.

The C Final featured the Werewolves, who racked up 21 hits on the day to win over the Blue Jays. Appreciative there was not a C Trophy awarded, the Werewolves graciously accepted their prize T-Shirts.

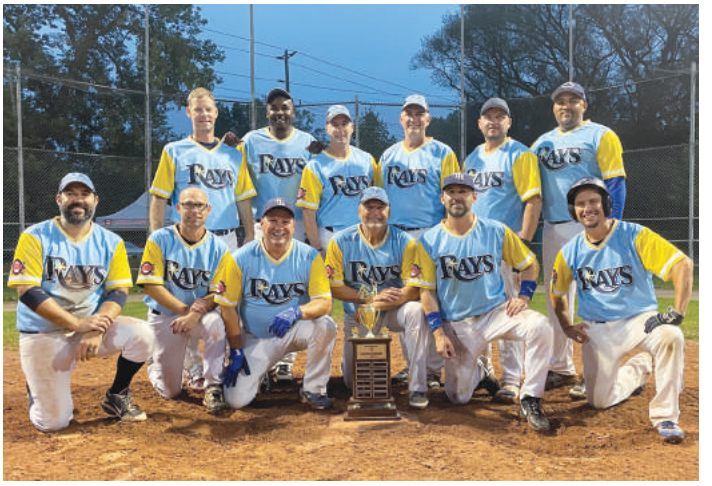
Next up was the marquee matchup, with the highly touted Aquarium Services Sharks taking on the Cubs in the A Final. The Sharks cruised to an easy win to take home the A Final Trophy, along with the Harvey Brown Award as the league's regular season champions (going undefeated at 8-0-1). The league awarded retro 2020 edition Championship hats to the winners. Great job, guys!

And the final matchup of the day was in the B final, where the Rays took on the Tigers. The Rays put up 13 hits and 13 runs as they shut out the Tigers to claim their second B title. Congrats to the Rays!

Thank you to all players, fans, and family for your support and compliance with respect to playing safety protocols for 2021. We look forward to 2022 with the anticipation that things may become a little more 'normal' and our season being able to begin in May once again!

www.lmblbaseball.ca

2021 LMBL 'A' Champions: Aquarium Services Sharks



'B' Champion Rays

'C' Champion Werewolves

'D' Champion Athletics

Prepping for 2022, volunteers wanted

Submitted by Eager Beaver Baseball Association

With the unique 67th season on the diamond in the books, the Eager Beaver Baseball Association (EBBA), London's longest running minor sports association, is looking ahead to No. 68! And, with any luck, a return to normal play post-COVID.

Despite a late start and new rules and regulations around COVID, the 2021 season was a success. Players aged 4 to 13 (and 16 to 18) hit the diamonds and experienced a bit of 'normal' return to the summer while developing their baseball skills. The Little Slugger, TBall, Rookie, Mosquito, PeeWee and Midget divisions were able to hold mainly practice seasons, with limited games and scrimmages.

The plan for next year? A return to a full house league of 18 games for the Rookie to Junior divisions and a 5-week Little Slugger and 9-week TBall program.

Registration should open January 1, with outdoor practices starting the beginning of May. Please check the ebba.ca website for updates and 2022 season registration information.

EBBA's Annual General Meeting was held (virtually) on October 4, and it offered the chance for all involved to hear about the state of the league – and an opportunity to get involved!

EBBA is run solely by volunteers. With the lost 2020 season and a modified 2021, the need is there for new volunteers interested in helping EBBA continue to provide young ballplayers with a fantastic experience – on and off the field. If you'd like to get involved, get in touch with us! Please visit ebba.ca for more info.

www.ebba.ca

2021 EBBA mosquito team

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Online Classes & Programming	✓	✓	✓
Community Programming	✓	✓	✓
Group Fitness Classes		✓	✓
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YThrive Program		✓	✓
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Open Programming		✓	✓
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Swimming Lessons‡			✓
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Open Gymnasium (Basketball, Pickleball, and more)‡	✓	✓	✓
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Community Programming	✓	✓	✓
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*Financial assistance programs are available to those who are unable, but not unwilling to pay full membership fees. Ask membership desk for more information.

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A whole new meaning to 'Pivot'

By Richelle Hirlehey for Dance Extreme

Pivot is a word that can be used to describe much of what we have all done over the course of the past 19 months during the COVID-19 pandemic. But pivot is also what Dance Extreme Inc. did in order to host its 2021 Annual Recital.

After missing the 2020 Recital – the first one missed in 23 years – due to provincial shutdowns, Owner/Artistic Director Rebecca Brettingham-Filice took it upon herself to ensure that her students would not be let down with a second year with no recital.

For the previous 23 years, Dance Extreme had hosted its recital at London's beautiful Grand Theatre. Knowing that this venue was still closed due to COVID protocols, Brettingham-Filice knew another option was required. With a few months to plan, she began to explore the possibility of the dancers performing at an outdoor venue. After exploring some of London's community-run venues, though, she was unable to find a venue that would be available and able to host as many as 250 dancers.

But nothing stood in her way. With the help of the amazing folks at the PA Shop, Brettingham-Filice was able to secure an outdoor stage setup on the property of the PA Shop just outside of Dorchester, ON, where the Dance Extreme Recital 2021 would take place.

On June 19 & 20, Dance Extreme filmed 233 dance pieces while parents watched and cheered from the roadside (where they were set up to change their dancers between numbers and catch a glimpse of their dancer when they could). Dance Extreme graduates ended their Dance Extreme careers under starry skies with a very socially distanced performance for their parents and immediate families while filming. It was an uplifting, feel-good weekend for all.

Not only did Dance Extreme host two full days of performing and filming outdoors, despite some rainy weather, but Brettingham-Filice was also able to connect many other dance studios who were looking for an outdoor venue to film their own Competitive Dance Entries and Recital numbers to close out their dance seasons. This outdoor venue saw thousands of dancers grace its stage under sunny skies at the end of June.

If the pandemic has taught us anything, it has definitely been to think outside the box – often, new and fantastic pursuits will result.

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Coaches, players celebrate return

Submitted by London Minor Football Association

This year, football players of all ages were happy to get back on the turf and play the great game of football for the first time in two years. On short notice, our team, with the help of our community partners like Source For Sports, was able to get all three age groups up and running for a fun season.

Our volunteer coaches, student coaches, and team managers all came together quickly to register, outfit, train, and organize over 500 players so that our season could start on time in September.

Veteran coaches like Ron Ferwerda returned to help out, while new coaches like Patrick DesRosiers stepped up to lead their teams. Coaches like Greg Chilvers and Brian Dempsey also stepped up to help administer the league while coaching their teams as well. It was truly a team effort this year, and we want to thank all our coaches and volunteers for their extra effort and extra flexibility in a challenging year.

LMFA games are played on Sundays on the turf fields at Citywide Park in London and the new 1Password Park in St. Thomas. The season runs from mid-August to the end of October.

Please visit www.lmfafootball.ca or call 519-852-4465 for more information on the 2022 season, as well as offseason camps and flag football programs.

www.lmfafootball.ca

Coach Ron Ferwerda and team

The U12 Rams and Hawks play at 1Password Park in St. Thomas

The Hawks U12 team, coached by Patrick DesRosiers

The Red Storm U12 team, coached by Greg Chilvers

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Support university sport!

Submitted by the Western Mustangs

There is plenty of excitement from all Western Mustangs teams to be back in action, and they want to see as many fans as possible in attendance.

Tickets are on sale for the Mustangs' Basketball, Hockey and Volleyball regular season schedules at Alumni Hall and Thompson Recreation Athletic Centre.

"Sharing our games with classmates, friends, family and the greater Western and sport communities is a big part of the varsity athlete experience," said Nate McKibbon, head coach of the women's basketball team. "The fact that we can share the experience again at Alumni Hall is something that is extremely exciting to all of us."

"Western Men's Volleyball is really excited to get fans back and rock Alumni Hall," said Jim Sage, the team's head coach. "We have a core of veterans and incoming players that should provide some very entertaining top-notch OUA Volleyball."

"It has been a really long time coming for the start of our season, and we couldn't be more excited that the day has finally arrived," said Candice Moxley, Western's women's hockey head coach. "To be back in Thompson Arena playing in front of our family, friends and fans is one of the best experiences for our student-athletes."

"Mustangs Nation is excited to play in front of fans once again," said Brad Campbell, men's basketball head coach. "We need your support as we continue our journey to get back to the National Championship Tournament."

Gets your tickets now and come cheer on the Mustangs! Individual game tickets are on sale for the Fall season only. Student tickets for regular season games are free, but they must be reserved online in advance.

All attendees will need to follow the health and safety requirements and protocols set out by the university, as well as by local health authorities.

Visit www.westernmustangs.ca/tickets for all your upcoming ticket information.

www.westernmustangs.ca

FCVC is Back on the Court!

Submitted by Forest City Volleyball Club

Under unprecedented conditions, Forest City Volleyball Club (FCVC) would like to thank all board members, coaches and volunteers for their incredible efforts in making a 2021-22 volleyball season happen for our athletes!

This season, we are proudly fielding 20 teams – nine of which are participating in the OVA's new 'Early Contact Initiative' (4v4 Rallyball, 6v6 Rallyball and traditional non-specialized volleyball).

Our ever-popular Acorn program (for 9 to 13-year-olds) sold out very quickly this fall, with many eager athletes looking to get back into the gym! We had a LOT of interest, and we are super excited to be able to offer this program again after a hiatus last season due to the COVID-19 pandemic.

While it may look different this year, we are thrilled to be back in the gyms teaching the game we all love!

14U Mahogany

12U Pine and Maple

17U Helios

15U Centurion

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FCVC WANTS TO THANK ALL FRONT LINE WORKERS

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Coaching the distracted athlete

Submitted by The Mental Game Academy

As a coach, it is apparent that we are dealing with very different athletes than even just 10 years ago. In many cases, we're trying to teach distracted athletes who are constantly fatigued from staying up at night gaming or on phones. Their brains are multitasking constantly all day now, even in school, managing their phones and listening to a teacher. Kids text over 150 times a day. Their mental skills are the weakest that coaches have seen in their 30-plus years of experience.

So, what is going on? Is it an increase in screen time and less green time? Is it less time socializing with parents and friends, leading to the falling short of psychological standards for their ages?

Coaches only have so much time to coach, but their list of concerns is growing. We do know that technology is affecting our athletes, physically and mentally, but the plethora of factors threaded together are causing a toxic sporting environment in almost every sport.

The Mental Game Academy teaches athletes Mental Skills and how to Refocus on their Healthy Habits. We also help educate parents, coaches and organizations to work more harmoniously and successfully.

The Mental Game Academy is developing athletes' TEAM IQ, PHONE habits, resetting their sleep and fuel habits too. We encourage them to use coach feedback, learn the benefits of losing, how to self-talk, overcome challenges, and learn their mental superpowers.

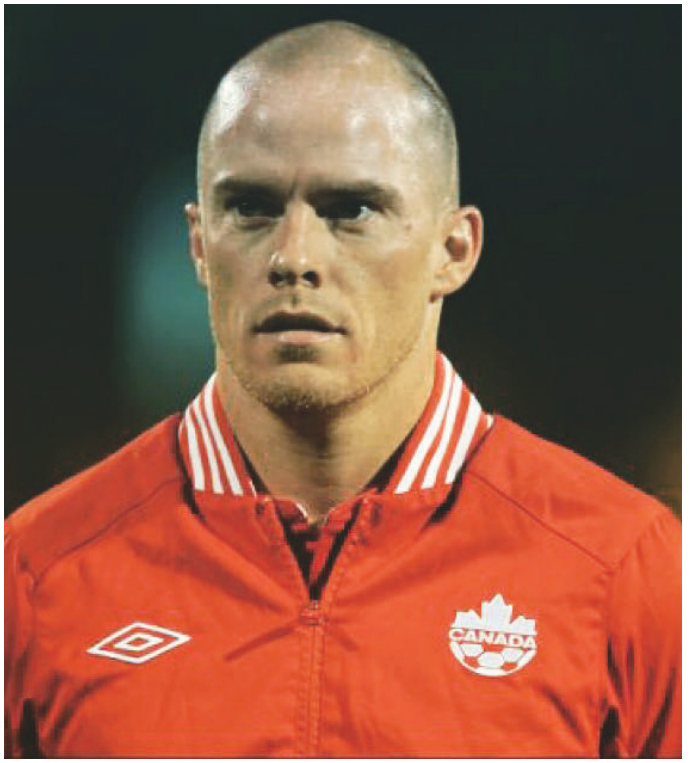
Teams are using The Mental Game Academy to catapult their success for their athletes, both physically and mentally. This is the new killer combo in sports and helps coaches work with parents more closely as part of the team – instead of the opposition.

Larissa Mills is the host of the 'The Mental Game' sports podcast

Hume to lead local club

Submitted by Woodstock Soccer Club

Iain Hume is excited to start the next chapter of his soccer career at Woodstock FC, and we are extremely fortunate to have him be part of our club – as the new head coach – with his vast amount of experience and incredible passion for the game.



Iain Hume, a well-decorated former member of Canada's national soccer team, has been named the new head coach of Woodstock FC.

"I believe I can help people understand what it takes to follow your dreams, and I look forward to helping push the club to where I, along with many others, believe it can get to," said Hume.

Growing up in the Ontario Soccer program, with a love of the game, allowed Iain Hume to become a professional soccer player at the young age of just 15. Hume's talent was apparent while he played for Chinguacousy and Brampton Youth Soccer Clubs from the U8 to U16 levels, and his skills earned him a spot on the roster for Team Ontario from U11 to U15.

His dedication and passion for the sport allowed Iain to quickly be recognized around the globe, and it was in September of 1999 that Hume left for England to begin his journey of playing professionally. He went on to play 590 professional games, scoring more than 140 goals during his career for Tranmere Rovers, Leicester City, Barnsley FC, Preston North End, Doncaster Rovers and Fleetwood Town, respectively.

Hume continued to simultaneously play through all levels of the Canadian Youth National Teams. He played U17 and U18, and he represented the U20s at two Youth World Cups (Argentina '01 and UAE '03). In total, Hume has played for the Canadian Men's National team 42 times – with some of the best players Canada has produced.

Hume then moved on to play in the Indian Super League (ISL) for Kerala Blasters, Atletico de Kolkata and FC Pune City, where he won Player of the Year for the League and won the ISL Championship along the way. He also had two stints playing in Spain for SD Ponferradina SAD and Extremadura UD.

While playing professionally, Hume also continuously studied to progress his coaching badges, including recently passing his UEFA B License through the FA Wales Coaching Education program. He also completed some television analyst and match commentary work in the Indian Super League and with One Soccer here in Canada.

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Plans for 2022 already underway

Submitted by FC LONDON

It has been quite a year for football – both on our televisions and locally, at Tricar Field. Canada's women's national team claimed gold at the Olympics, and our men's national team, bolstered with international stars, are on the cusp of World Cup qualification. Locally, London TFC Academy and senior teams within FC LONDON have used that as inspiration and have been taking advantage of being back on the field – both with extensive training and league play.

"It's been a tough year for parents and players alike. From zoom calls earlier in the year to being on, off, and then on the field again, it's been challenging as a Club," said FC LONDON CEO Ian Campbell. "Here's hoping that a new day is on the horizon."

Challenges notwithstanding, the academy's 25+ youth teams have continued to thrive in some of the top leagues in the province, including the OPDL.

London TFC Academy has also launched the 'All-For-One' All abilities Program, designed to provide children with various needs the opportunity to play the game of soccer.

"Whether players use a wheelchair, walker or splits, or live with an intellectual communication (ASD) or developmental disability, all those aged 4 to 18 are welcome on the field," said program coordinator, Sindy Debenedictis.

FC LONDON's senior Men's and Women's League1 teams started their seasons late, but that didn't deter either from training hard for success on the field. They both finished in the top three, with the women taking the Supporters Cup as the first-place league finishers. However, Oakville Blue Devils knocked out both men's and women's teams – the women in the league semi-final, and the men on the final day of the regular season, leaving them just shy of the playoffs.

As the club looks to wrap up the 2021 season, it's doing so in tandem with gearing up for the 2022 season. The expanded use of the Tricar Field facility now includes a clubhouse and dressing rooms and has already served as a fantastic anchor for a club that continues to raise the bar within Canadian soccer.

www.fclondon.ca

Photo by Matt Hiscox Photography
The Leauge1 Women's team continued their success in 2021

Photo by FC LONDON Staff
Players strategize at Tricar Field

Photo by FC LONDON Staff
2013 players relax during training at Tricar Field

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- Dippin' Dots $4.50 each
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All jumpers must have a valid waiver on file, those under 18 must have one completed by a parent/legal guardian.
No outside food or drinks allowed (except cake/cupcakes) Deposit required at time of booking.

Giffen key to club's success

Submitted by Komoka Kings and photo by KPH Photography

Ever since Roop Chanderdat took over operations of the Komoka Kings/ Lambton Shores Predators organization, Ray Giffen has been with him to help the smooth operation of the team. Giffen has worked with Chanderdat since 2006.

Often referred to by Chanderdat as his 'right-hand man,' Giffen has served in many capacities with the team. He is currently an Assistant GM and the Director of Hockey Operations for the Kings. In addition, on game days, you can find him in the scorer's box as the official scorer. He also handles numerous administrative tasks, such as managing the game-day roster online, liaising with visiting teams for arena protocols, overseeing all equipment and training staff, and attending league meetings.

"Ray is as much a fabric of the Komoka Kings than anyone in our organization," Chanderdat says. "He is there to assist me with anything relating to the Kings. He's not only part of our staff, but we have grown to become good friends over the years."

Not only does Ray wear many hats in-season, but he also has a large role in the team's Spring Camp and assists in player scouting and recruitment in the offseason. His invaluable work with the Kings is time consuming, but Ray says he wouldn't have it any other way.

Stay up to date on the Kings by following on social media at @komokakings.

www.komokakings.com

Ray Giffen, the Kings' Assistant GM and Director of Hockey Operations, is a vital part of the organization, and has been since he began working with owner Roop Chanderdat back in 2006.

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Who's ready for some hockey?

Submitted by George Bray Sports Association

Who would have thought, in March 2020, that we would be off the ice for more than a year? We certainly didn't! But now, the George Bray Sports Association (GBSA) is thrilled to say that we are back!

With registration for the 2021-2022 season held at Kinsmen Arena (20 Granville St.) on Nov. 20 and Nov. 27 (9am to noon), the association is excited to return to playing hockey and providing young people with the opportunity to have a lot of fun.

In our return, we will be following all provincial and local health unit protocols to ensure as safe a return to hockey as possible (for more information on our Covid-19 protocols, please refer to our website at georgebraysports.ca or our Facebook page).

If you are not familiar with GBSA, here are some things you should know about us: The association was established in 1968, by George Bray, who started out with a big idea – to allow children and young adults with special needs to play hockey. In the beginning, we had only a handful of players. Our objective then (and since) has been to grow the league. When the pandemic forced us off the ice, we had over 220 players registered in our league.

GBSA has a no-cost equipment loaner program and a hockey school to help players sharpen their skills and/or improve their skating. Our registration fees continue to remain low. This year, since the season is slightly abbreviated, our registration fee is only $150 for all divisions. We are able to keep our costs low thanks to the continued support of our dedicated sponsors.

The GBSA board members, coaches and on-ice skaters are all volunteers, which also helps to keep our fees low, and they are among the most caring people you will find in sports.

We know you're out there ... Everybody knows someone who can benefit from our league. Teachers, Educational Assistants, relatives, friends, and neighbours ... we need your help to spread the word.

For more information about the George Bray Sport Association, check out our website or please contact Murray Howard at murrayhoward@execulink.com or call 519-200-8422. And don't forget to 'like us' on Facebook!

www.georgebraysports.ca

The George Bray Sports Association is thrilled to return – after a long hiatus – and provide youth and young adults with special needs the opportunity to play hockey, make friends, and have a lot of fun.

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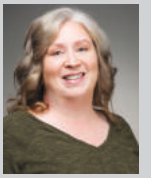
The Core

By Gwen MacLean for Living Balance Clinic



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The core muscles consist of two corsets: an inner and an outer. The inner corset has direct connections to the spine, and its contraction is crucial for low back stability. The outer corset does not have direct connections to the spine but acts to bend your trunk forward and twist it to each side.

The main muscle of the inner corset is the transversus abdominis. Its role is to compress the lower abdomen and tighten the lumbar fascia. The contraction of its lower fibres between the pubic bone and navel is crucial for low back stability. It does not bend, twist or tilt the trunk.

The outer corset muscles run vertically from breastbone to pubic bone and crisscross the abdomen, and they act together to bend your trunk forward and twist it side to side. These muscles do not give your back direct support. Overworking these muscles can cause them to become short and tight, flattening the lumbar spine and putting excessive pressure on your lumbar discs.

The inner corset muscles are used to support your lower back to prevent problems from happening – and only 10-25% of your maximum effort is needed to create proper support. They are more difficult to activate and can be weak if you always focus on the outer corset muscles.

How to activate your transversus abdominis (TA)

This is the easiest way to access your transversus abdominis and feel it activate. Kneel on a padded surface and use a cushion between your thighs and buttocks if kneeling is uncomfortable. You can also place a rolled towel under your ankles. If you still can't get comfortable, you can use a chair.

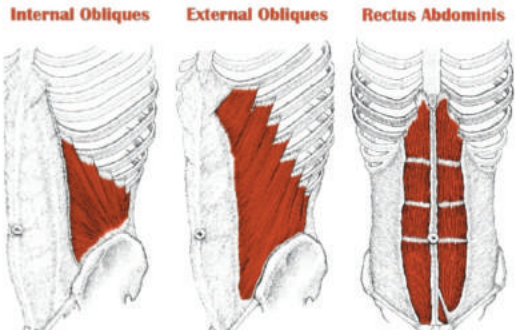
Sitting in this position, have a neutral lumbar curve, your chest lifted and relaxed abdominal muscles. Breathe slowly and moderately through your nose, letting your ribs expand with each breath. Before your next inhalation, contract as if you are stopping the flow of urination. Maintain the contraction as you take two or three breaths. Now, relax the muscles.

You will know if you engaged the transversus abdominis if you felt your weight dropping onto your legs as you let the contraction go. If you felt this drop, you were engaging your buttocks and thigh muscles along with the transversus abdominis. Try again focusing on not lifting the pelvis up from the legs. You should feel a centralized lift in your core and mild activity in your lower abdomen and lumbar muscles.

This is the beginning of understanding how to engage your TA muscles, and you should not strive for constant contraction of your pelvic floor. You should be able to activate the TA independently of your pelvic floor.

If you find you do not have good TA activation, you should focus on TA exercises before continuing with outer core muscle exercises.

www.livingbalanceclinic.ca



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